

## **IMPORTANT CHANGES TO TRAINING TIMETABLE**

### **August Bank Holiday**

Please note we are having a longer break for the August Bank Holiday. Our last training session is on Tue 24<sup>th</sup> August 7.00pm and we return a week later on Tue 31<sup>st</sup> August.

### **Landtraining**

The Tuesday landtraining session at Coombeshead Gym recommences Tue 7<sup>th</sup> September, 5.45pm - 6.45pm.

### **September Change in Monday & Friday Sessions**

As from week commencing Mon 13<sup>th</sup> Sept our Mon & Fri sessions change to the following winter timetable;

Mondays - 7.30pm - 8.30pm (junior squad)  
8.30pm - 9.30pm (senior squad)

Fridays - 5.00pm - 6.00pm

### **Tuesday Mornings and Friday Landtraining**

Regrettably, due to very low participation numbers the decision has been taken to cancel the Tuesday morning 6.30am training session and not to recommence landtraining on Fridays.

If you need further details on any of these changes please do not hesitate to speak to any committee member.

Sharon - Secretary